

## **Rosacea**

Reported reactions included stinging, pruritus, and furunculosis. The following adverse reactions were reported to be possibly or probably related to treatment with ELOCON Cream during clinical studies in 4% of 182 pediatric patients 6 months to 2 years of age: decreased glucocorticoid levels, 2; paresthesia, 2; folliculitis, 1; moniliasis, 1; bacterial infection, 1; skin depigmentation, 1. The following signs of skin atrophy were also observed among 97 patients treated with ELOCON Cream in a clinical study: shininess 4, telangiectasia 1, loss of elasticity 4, loss of normal skin markings 4, thinness 1, and bruising 1. Striae were not observed in this study.

The following additional local adverse reactions have been reported infrequently with topical corticosteroids, but may occur more frequently with the use of occlusive dressings. These reactions are listed in an approximate decreasing order of occurrence: irritation, dryness, folliculitis, hypertrichosis, acneiform eruptions, hypopigmentation, perioral dermatitis, allergic contact dermatitis, secondary infection, striae, and miliaria.

### *General:*

Systemic absorption of topical corticosteroids can produce reversible hypothalamic- pituitary-adrenal (HPA) axis suppression with the potential for glucocorticosteroid insufficiency after withdrawal of treatment. Manifestations of Cushing's syndrome, hyperglycemia, and glucosuria can also be produced in some patients by systemic absorption of topical corticosteroids while on treatment.

Patients applying a topical steroid to a large surface area or to areas under occlusion should be evaluated periodically for evidence of HPA axis suppression. This may be done by using the ACTH stimulation, A.M. plasma Cortisol, and urinary free Cortisol tests.

In a study evaluating the effects of Mometasone furoate cream on the hypothalamic- pituitary-adrenal (HPA) axis, 15 grams were applied twice daily for 7 days to 6 adult patients with psoriasis or [www.healthoracle.org](http://www.healthoracle.org)

atopic dermatitis. The cream was applied without occlusion to at least 30% of the body surface. The results show that the drug caused a slight lowering of adrenal corticosteroid secretion.

If HPA axis suppression is noted, an attempt should be made to withdraw the drug, to reduce the frequency of application, or to substitute a less potent corticosteroid. Recovery of HPA axis function is generally prompt upon discontinuation of topical corticosteroids. Infrequently, signs and symptoms of glucocorticosteroid insufficiency might require supplemental systemic corticosteroids.

Pediatric patients may be more susceptible to systemic toxicity from equivalent doses due to their larger skin surface to body mass ratios

#### *Laboratory Tests:*

The following tests may be helpful in evaluating patients for HPA axis suppression:

- ACTH stimulation test
- A.M. plasma Cortisol test
- Urinary free Cortisol test

Rosacea is a skin disease that affects portions of the face, particularly the nose and cheeks. This skin disorder manifests various symptoms such as facial redness, flushing, spots, eye problems, and more. You should note that not all the symptoms arise together in all cases. Some cases of rosacea may be mild and your doctor can treat them with antibiotic treatment.

#### *Symptoms of rosacea skin disease*

Sometimes *rosacea skin condition* is also referred to as acne rosacea because it bears a lot of resemblance with acne. What you must remember is that both are different skin disorders. Now let us look at the symptoms of rosacea skin disease. The face frequently flushes and looks like you are blushing. Often this appears as the first symptom. Erythema is the redness notices on various parts of the face. It looks like sunburn.

Another symptom is getting tiny lumps of red spots known as papules and pustules or small cysts on the face. These cysts and spots resemble acne. They may appear and disappear but if you do not treat them, the cysts and spots will become a long-term problem. Rosacea skin disorder shows another symptom, which is Telangiectasia on the face. This means that the little blood vessels beneath the skin become very prominent and you can see them.

### *Eye Symptoms of Rosacea Skin Disorder*

Rosacea skin disorder also has some eye symptoms, which can appear in nearly 50% of cases. However, these symptoms are generally mild and may include stinging, burning, or itchy eyes, sensitivity to light, dryness, a feeling that something is in the eye, and eyelid problems like styes, cysts, or blepharitis, which is eyelid inflammation.

### *Rosacea treatment and its effects?*

If you are searching for different types of rosacea care, then you should remember that no permanent cure is available for rosacea skin condition. You cannot do anything to prevent the disorder but with the treatment, you can definitely relieve the symptoms. The treatments may be different depending on the symptoms and you can even adjust them over time.

### *Rosacea Skin Care Tips*

You can ease the symptoms of rosacea, if you follow some skin care rules. Strong sunlight can make the symptoms bad. Therefore, avoid it. Apply a good sun-block cream or lotion with high SPF (15 or higher) on your face. It should also have UVA as well as UVB protection. Many doctors usually advise that you should apply a sun-block lotion daily before you step out of your home, even on a cloudy day. You can carry a parasol with you or wear a wide brimmed hat to save your face from the rays of the sun.

For rosacea care, stay away from cleansers, which contain alcohol or acetone, exfoliants, waterproof or oil-based make-up, skin care products with harsh chemicals, and sun blocks with fragrance.

### *What Triggers Rosacea Symptoms?*

The primary rosacea causes are not understood properly but you should be aware of certain factors, which trigger the skin condition. If you are suffering from the skin disorder then you should first learn what aggravates the rosacea symptoms. If you consume hot beverages, alcohol, and spicy food then your condition can become worse. Humidity, exposure to sunlight and extremes of temperature also induces the same effects.

On certain occasions, there is increased flow of blood to your skin's surface, which results in increased flushing. As you know, flushing is the first symptom of rosacea. Blood flow can increase due to sudden anger, stress, embarrassment, corticosteroids, tiring exercise, saunas, and hot baths. Thus, you should avoid these even if you do not know the exact *rosacea causes*.

Certain drugs such as blood pressure medications can dilate blood vessels. These can also trigger flushing. Skin care products or makeup that contains alcohol can be other factors. Infections and vitamin deficiencies can be other contributing factors as well.

### *What Causes Rosacea?*

The true causes of rosacea are not easy to fathom, but many researchers believe that a blend of hereditary as well as some environmental factors can be the cause. It is easy for doctors to describe the common symptoms of rosacea but not the rosacea causes. This inflammatory skin disease causes general facial redness and it is responsible for affecting about 14 million people in the US alone. A team of qualified researchers in San Diego has found out that not one but two abnormal factors explain what causes rosacea.

### *The Cause Of Acne Rosacea*

The researchers have determined that excess production of two interacting inflammatory proteins lead to extra levels of another protein, which causes rosacea symptoms. This can explain the cause of acne rosacea. Rosacea or adult acne in other terms generally affects those who have fair skin. Sometimes antibiotics are used to treat the symptoms but a permanent cure cannot be found. The researchers discovered that certain anti-microbial peptides were responsible for the exact symptoms on the skin just as rosacea. The symptoms include increase in number of visible blood vessels, redness, bumps and pustules.

### *The Root Rosacea Cause*

The team of researchers further studied the source of the abnormal peptides to find out the probable rosacea causes. This made it easier to crack the rosacea cause. The precursor of the peptides is known as cathelicidin. It generally works to protect the skin from different kinds of infection.

In other types of skin diseases, a lack of cathelicidin means there will be increased infection. However, the converse was true in case you were suffering from rosacea. That means if you have too much cathelicidin in your skin, you are prone to the skin disorder. The researchers observed that a different form of cathelicidin was found in people who were free from the skin disorder.

Patients suffering from rosacea even had significantly raised levels of certain enzymes known as SCTE or stratum corneum tryptic enzymes. These change the precursor into the peptide that causes the disease. Once all the rosacea causes are discovered it will be easier to treat the disease successfully.

### ***Eat Healthy Fats for Rosacea Cure***

Are you wondering whether a Rosacea diet would be helpful for combating the problem? In case you are seeking natural treatment for the skin disorder, then a good diet for rosacea is an effective solution. As you know, rosacea is a kind of inflammation, which

leads the skin on the cheeks and nose to look red. A proper diet along with some supplements can alleviate the problem. By following the diet for about three months, you will be able to notice an important difference in the condition of the flare-ups.

Sticking to your *rosacea diet* is very important if you want to see results. It is very essential to eat food that is rich in very good omega-3 essential fatty acids to find the right rosacea cure. These are known to have a soothing effect on inflammation due to rosacea. Every week you should have at least four servings of cold-water fish such as sardines, halibut, mackerel, herring, and salmon.

In case you are a vegetarian, then you can take about 1 tablespoon of pure flaxseed oil daily or chew on flax seeds. However, if the signs of improvement are not evident in two or three months, then pancreatic enzyme supplements will prove to be helpful. Many people who suffer from rosacea may have a deficiency of pancreatic enzyme, which is that is helpful in the digestion of omega-3 as well as other fats. You can discontinue taking this enzyme once your skin becomes clear. However, you should not stop taking flaxseed or fish oil.

#### *Tips for Skin Care Diet*

Here are some other tips that will make your rosacea diet work for the treatment of skin disease. Do not have a lot of meat. Have one serving of meat and poultry in a week and opt for fat-free products. Drink a minimum of eight glasses of water everyday, so that your body can discard all those chemicals present in food that can trigger flare-ups of rosacea. You can also drink more water if you feel comfortable.

#### *Do's and Do not's of Rosacea Diet*

Avoid food items using aged cheese and red wine, at all costs. You should also try to cut down your consumption of spicy food, hot beverages, and alcohol as these can cause flushing. Include rosacea vitamins such as vitamin B3 in your diet for better results. A good rosacea diet requires patience and therefore you should follow it diligently to notice the results.

### *Understanding the Cure for Rosacea*

The successful acne rosacea cure involves various aspects of good skin care as well as general health care. Remember that something that can make changes in the facial skin or the body can also have an impact on rosacea and even its cure. Rosacea involves many factors and conditions. If you can change the factors that contribute to your rosacea, then you can cure the problem. However if your factor is a genetic one then you may not be able to cure it.

You should remember that one particular rosacea cure that works for you, may not work for another person. Even though you cannot find the true *rosacea cures*, you can avail some ways in which you can treat the flare-ups and even prevent largely. If you can successfully prevent rosacea then it is good as a cure. Then you do not need to find out how to cure rosacea. Rosacea cures depends on how severe the cause is. Thus, the cure can be different for different people.

### *Traditional and Modern Rosacea Cures*

Traditionally dermatologists have prescribed topical antibiotic creams as rosacea cures. These topical creams are safe even if you use them for a long period, but certain patients experience some side effects with prolonged use. Doctors often prescribe oral antibiotics only when there are rosacea flare-ups because the long-term use of these antibiotics can often lead to resistance to the drugs.

Laser treatment has evolved as the modern cure for rosacea. As this treatment is harsher than medication, doctors opt for it mostly in very severe cases. Although this treatment may cause an increase in skin irritation during the initial phase, it can prove to be very effective. You require repeating the treatment from time to time.

### *A Quest For Natural Cures For Rosacea*

If you are suffering from mild rosacea then you can use some rosacea natural cures and notice the results for yourself. Trying tested home remedies can alleviate many of the symptoms of rosacea. Here are some natural cures for rosacea. Aloe vera has wonderful healing

properties. Thus, you can use pure aloe vera gel on your skin, especially if it is dry. This can help in curing rosacea.

One of the popular rosacea creams is the one, which has metronidazole in it. It is used topically on the affected area and you have to rub the cream on the area according to the instructions of the doctor. Metronidazole is a kind of antibiotic, and it works effectively because of its anti-inflammatory properties.

The other natural products that can heal the skin disorder are rosemary, nettle, alfalfa, red clover, and burdock root. These natural rosacea cures can really help you if you use them gently and regularly.

Can a *rosacea cream* solve your problem of skin rashes? This question is very common among those who suffer from rosacea. All kinds of different *rosacea creams* are available in medical stores nowadays and many claim to cure the disorder. You need to be careful and should not let the false claims of various rosacea creams lure you. A very good rosacea cream can control the problem but a permanent solution is yet to come.

#### *Confusion between Rosacea Treatment and Cure for Acne*

Many people often confuse rosacea and acne and thus make mistakes while choosing the treatments. The cream that you use for acne will not be applicable for rosacea. In fact if you apply a cream containing benzoyl peroxide (used for treating acne), then your rosacea can get worse. The two skin conditions are different and so rosacea treatment and that for acne cannot be the same.

#### *Symptoms of Pityriasis Rosacea*

Pityriasis rosacea is a type of skin condition that results in reddish-pink and scaly skin rash. Also known as Pityriasis rosacea occurs very commonly in young adults and children, but it may also affect people of any age. People falling in the age group 10 to 35 are more susceptible to this skin disease. Spring and fall are the two seasons when this disease becomes very widespread.



At first, you may get the feeling that you have a bad cold. Then, you will develop a single red scaly spot either on your stomach or on your back. This spot is known as the mother or the herald patch and it is the first sign of the disease. After a few days or weeks, smaller spots will gradually start appearing on your body. These spots turn into itchy rash. If you get rash on your back, then it may take the appearance of a Christmas tree.

The itchy rash can last from many weeks to many months. Generally, pityriasis rosacea does not result in lasting rash marks on the skin. However, some darker-skinned people may get some long lasting flat brown marks, which fade after some time. Other symptoms such as fatigue and aching may also develop in many patients.

On certain occasions, *pityriasis rosacea* can lead to a very widespread and severe skin eruption. Nearly half of the patients will experience some kind of itching, particularly when they sweat or become warm. The skin lesions and rash may become more obvious or worsen temporarily with physical activities such as jogging and running or even taking bath in very hot water.

The causes of this disease are not very certain. Many doctors believe that the cause of pityriasis rosacea is a bacterial or viral infection. Some medicines can also be the culprits as they can lead to this itchy rash. However, what you should remember is that this disease is not contagious at all. Thus, you will not get it if you touch someone who is suffering from pityriasis rosacea. Similarly, if you have it, you do not have to hide yourself from others.

As you know pityriasis rosacea, results in skin rash. Now this rash can also look like psoriasis, eczema, and ringworm. If a person gets infected with syphilis then a similar kind of rash may appear. In case your doctor feels that you have syphilis, he will ask you to do blood test to determine the problem.

#### *Treatment for pityriasis rosacea*

The rash of pityriasis rosacea generally goes away on its own. There is no treatment for a complete cure. However, with the right medicine you can ease the itching. A zinc oxide cream, calamine  
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lotion, steroid cream, and antihistamine pills will be able to relieve the itching.

If you are suffering from rosacea then it really pays to take time while choosing the right rosacea products. You will definitely know that that the best of products for rosacea skin care will not work like magic of treat your problem completely. There are no short cut routes or quick acting *rosacea products*. You have to understand that to control the skin disorder, you need to bring in some changes in your lifestyle.

You have to stay away from those factors that trigger rosacea. Thus, excessive sunlight, alcohol, hot drinks, and spicy food are the things, which you should avoid at all costs. Apart from this, you also have to choose the appropriate skin care products for rosacea. Your daily skin care regimen will be different from those who do not have rosacea. You should not use those rosacea products that cause burning, stinging, or irritation.

One of the most important rosacea skin care products is cleanser. The fewer ingredients present in a cleanser, the better it is. You should never buy cleansers, which contain perfumes or fragrances as they can cause irritation. Others ingredients you should strictly avoid are Benzyl alcohol, isopropyl palmitate, glycolic acid, lactic acid, propylene glycol, and sodium hydroxide. Soap-free cleansers are good for rosacea patients and they are suitable for everyday use. Bar soaps, are generally strong and they have a drying effect on the skin.

You should never step out of your home during the day, without a proper rosacea lotion. If you expose yourself to ultraviolet light then the rosacea can flare up. Thus, you have to wear a sunscreen lotion, which has a high level of SPF. If it is more than SPF 15 then it is even better. A good titanium dioxide sunblock is one of the good rosacea products for most people.

However, not everyone likes wearing a sunblock lotion. Men often choose to use a gel form of sunblock. However, you should bear in mind that gels generally contain alcohol and it can lead to irritation. Thus, you have to careful while choosing this rosacea product.

Sunscreens with perfumes can also cause a lot of harm to your skin problem.

However if you are not comfortable with oil- based formulations then it is better to choose water-based ones as they feel lighter. Some moisturizers have an uncomfortable and greasy feel. Stay away from such products.

The rosacea lotion, rosacea cream, and facial cleanser which have a soothing effect on the skin make use of ingredients such as vitamin E, aloe vera, jojoba oil, and sunflower oil. The ingredients can prevent flare-ups and are quite safe for prolonged use.